SOLE

FITNESS

F63 / F65 TREADMILL **OWNER'S MANUAL**

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL

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CONGRATULATIONS ON YOUR NEW TREADMILL AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality treadmill from **SOLE**. Your new treadmill has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. **SOLE** will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new product or questions about the warranty contact **SOLE** Fitness at **1-866-780-SOLE (7653)**. If you have a technical problem with your new treadmill contact **SOLE** technical service at **866-MYSOLE1 (697-6531)**.

Please take a moment at this time to record below the name of the dealer, their telephone number, and the date of purchase for easy contact in the future. We appreciate your confidence in **SOLE** and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new treadmill.

Yours in Health,
SOLE Fitness

Name of Dealer _____

Telephone Number of Dealer _____

Purchase Date _____

PRODUCT **REGISTRATION**

RECORD YOUR SERIAL NUMBER
Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

REGISTER YOUR PURCHASE
The self-addressed product registration card must be completed in full and returned to **SOLE**. You can also go to ***www.soletreadmills.com*** under the support tab to register online.

F63_65_20100721

IMPORTANT **SAFETY INSTRUCTIONS**

WARNING - Read all instructions before using this appliance.
DANGER - To reduce the risk of electric shock disconnect your SOLE treadmill from the electrical outlet prior to cleaning and/or service work.
WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 110-volt, 15-amp grounded outlet with only the treadmill plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.

A serious shock or fire hazard may result along with computer malfunctions. See Grounding Instructions, page 4.

- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 3 1/2 feet clearance between the rear of the treadmill and any fixed object.
- Keep children away from the treadmill. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, remove tether cord, then remove the plug from the outlet.
- Do not attempt to use your treadmill for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Use handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.

Remove tether cord after use to prevent unauthorized treadmill operation.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT **ELECTRICAL INSTRUCTIONS**

WARNING!

NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any appliance with a large motor, the GFCI will trip often. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The maximum operating temperature specification is 40 degrees c, and humidity is 95% non-condensing (no water drops forming on surfaces).

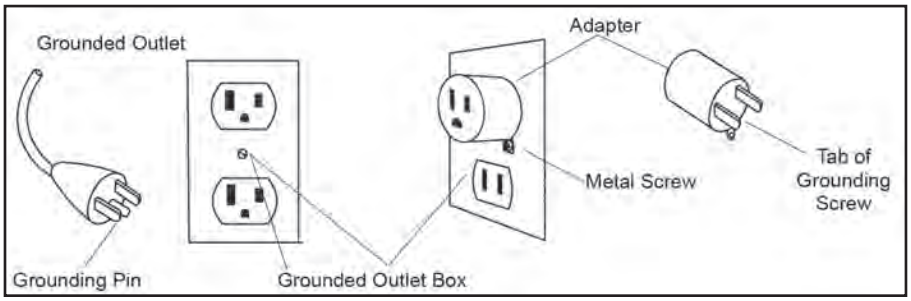
Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a treadmill is first turned on or even during use. If your treadmill is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the treadmill itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores. Examples: Grainger part # 1D237, or available online at ***www.squared.com*** part # QO120HM.

GROUNDING **INSTRUCTIONS**

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT **OPERATION INSTRUCTIONS**

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components. Unplug the treadmill during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. **SOLE** treadmills start at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your **SOLE** dealer.

IMPORTANT **SAFETY INSTRUCTIONS**

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt.
Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the magnet into position on the red oval portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. Fasten the plastic clip onto your clothing securely to assure good holding power. Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

IMPORTANT **SAFETY INSTRUCTIONS**

READ BEFORE UNPACKING YOUR FOLDING TREADMILL

Serious injury could occur if this folding treadmill is not unpacked properly.

There is a Velcro strap installed around the treadmill base that prevents the treadmill from unfolding accidentally during shipping. If this strap is not removed properly the treadmill could spring open unexpectedly and cause injury if someone is standing near the treadmill when the strap is removed.

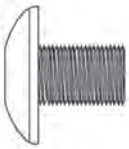
To ensure your personal safety during removal of the shipping strap please make sure the treadmill is positioned flat on the ground, in the orientation it would be in if you were using the treadmill. Do not turn the treadmill up on its side while removing the shipping strap. This could cause the treadmill's folding mechanism to spring open. If the end of the Velcro strap (that you need to grab to remove it) happens to be under the treadmill deck, reach under the deck to grab it, but do not tilt the treadmill up to gain access to the strap end.

F63 / F65 ASSEMBLY PACK CHECKLIST

2 HARDWARE **STEP 2**

#128. Speed Nuts Clip (6 pcs)

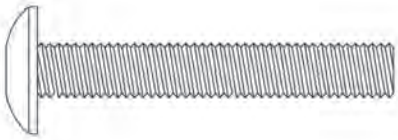
3 HARDWARE **STEP 3**



#130. 5/16" x 1/2"
Button Head Socket Bolt (8 pcs)

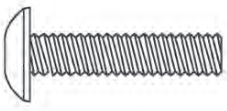
5 HARDWARE **STEP 5**

#113. Ø 10
Split Washer (6 pcs)

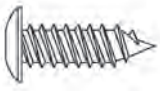


#139. 3/8" x 1-3/4"
Button Head Socket Bolt (4 pcs)

6 HARDWARE **STEP 6**

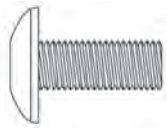


#140. M5 x 10mm
Phillips Head Screw (8 pcs)



#119. 3.5 x 12 mm
Sheet Metal Screws (4 pcs)

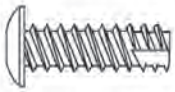
7 HARDWARE **STEP 7**



#159. 5/16" x 3/4"
Button Head Bolt (4 pcs)

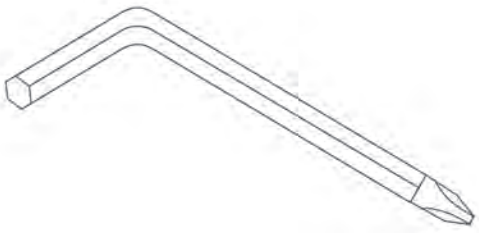
#75. Safety Key

8 HARDWARE **STEP 8**



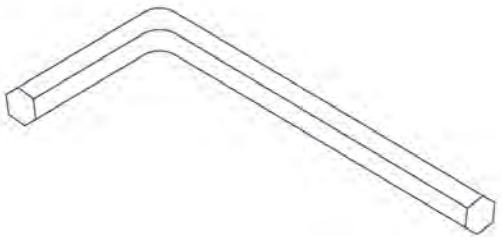
#120. 5 x 16mm
Tapping Screw (6 pcs)

ASSEMBLY **TOOLS**

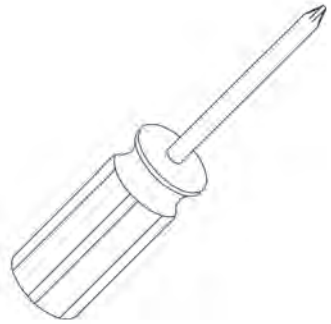


#131. Combination M5 Allen Wrench
& Phillips Head Screw Driver

#134. Lubricant



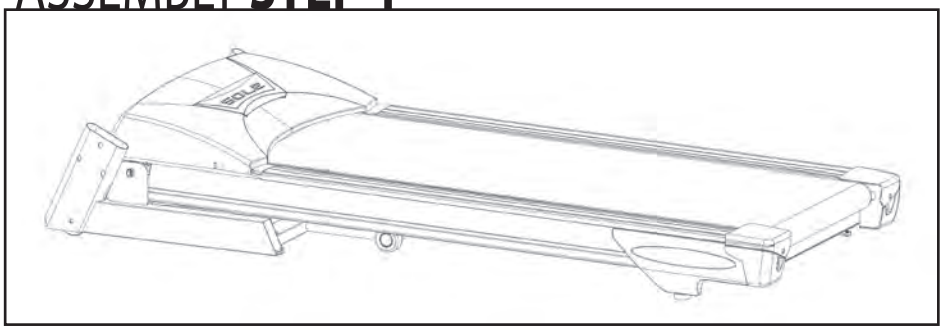
#132. M6 Allen Wrench



#186. Phillips Screw Driver

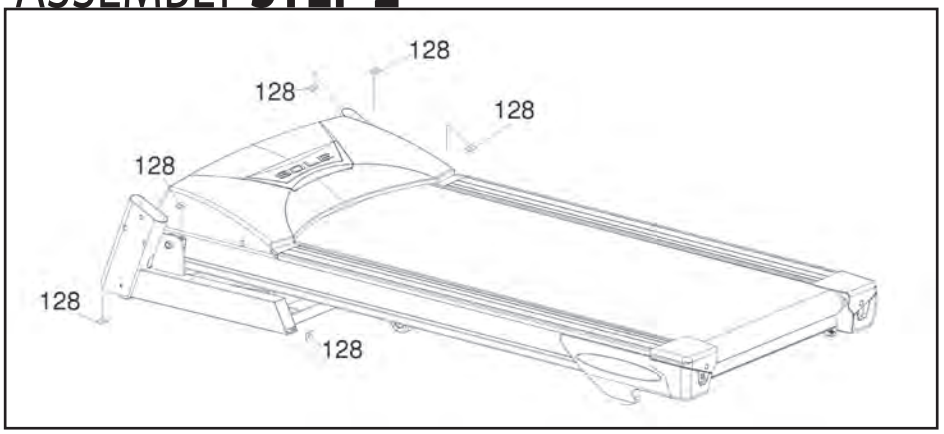
F63 / F65 ASSEMBLY INSTRUCTIONS

1 ASSEMBLY **STEP 1**



1. Remove the treadmill from the carton and position it aside on a smooth, level floor. The rear should be at least 3' from any wall. Do not remove the Velcro belt until you have removed the plastic wrap and Styrofoam from beneath the unit. **Turning the unit on its side after removing the belt may cause the unit fold up and cause serious injury!**

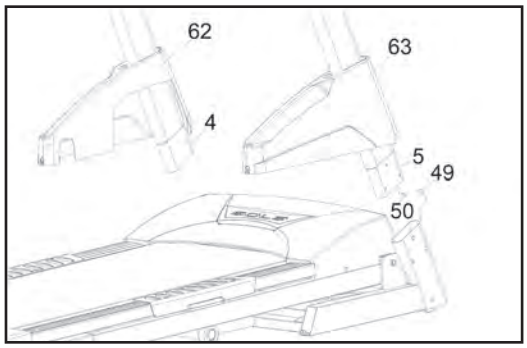
2 ASSEMBLY **STEP 2**



HARDWARE **STEP 2**

#128. Speed Nuts Clip (2 pcs)

1. Install the six Speed Nut Clips (**128**) on the Frame Base left and right side.
2. Slide the Frame Base Caps (**61** & **62**) over the Upright tubes (**4** & **5**). Connect the Lower Computer Cable (**49**) to the Middle Computer Cable (**50**) on the right side of the unit.

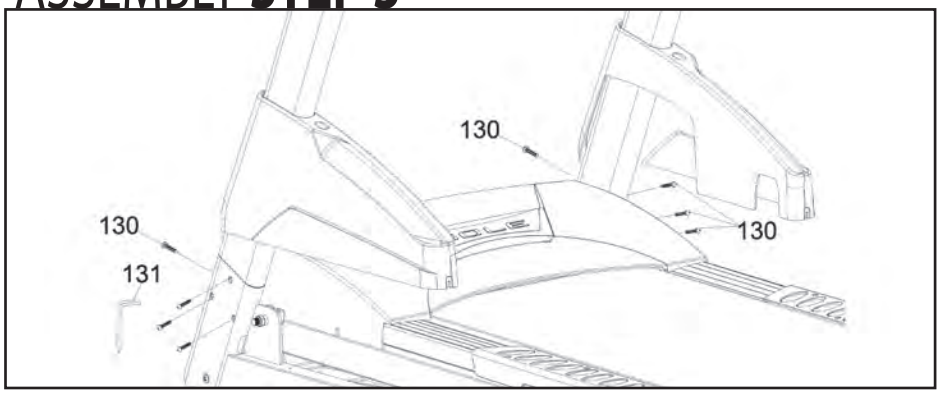


Before attaching the hardware to Step 3, make sure the cables you just connected don't get pinched in between the steel tubing. If they do, this may cause issues that prevent the treadmill from operating properly.

3 ASSEMBLY **STEP 3**

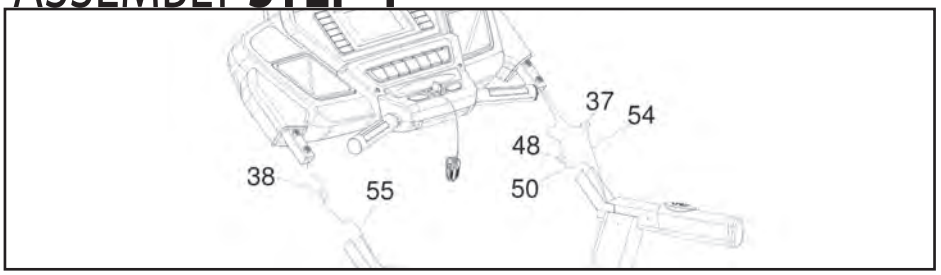
HARDWARE **STEP 3**

#130. 5/16"x 1/2" Button Head Socket Bolts (8 pcs)



1. Attach the Upright Tubes (**4** & **5**) onto the Frame Base (**2**) with eight Button Head Socket Bolts (**130**) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (**131**). **Do not tighten the bolts completely until Step 7 is finished.**

4 ASSEMBLY **STEP 4**

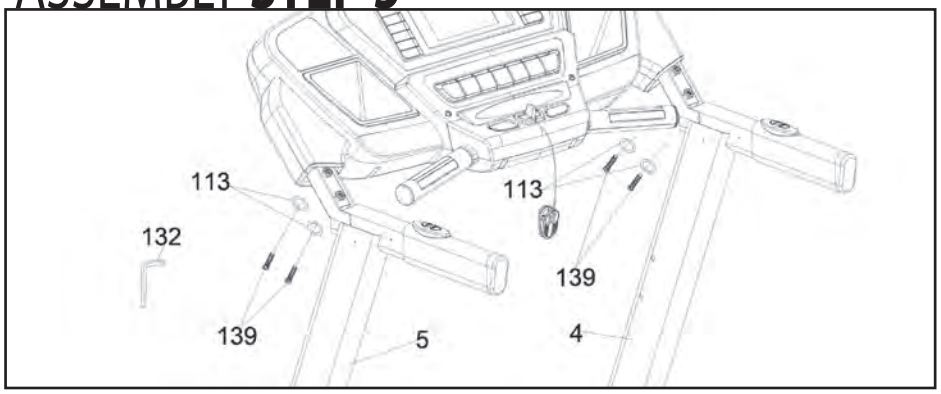


To complete this step, it is recommended that you find something to rest the console on at the appropriate height or have someone hold the console while you connect the cables

1. Connect the Speed Adjustment Switch Cable (**54**) to the Speed Cable, Upper (**37**) Connect the Incline Adjustment Switch Cable (**55**) to the Incline Cable, Upper (**38**). Connect the Computer Cable, Middle (**50**) and Computer Cable, Upper (**48**). Tuck the excess cable into the hand rail tubing to prevent it from getting pinched.

Before attaching the hardware to Step 6, make sure the cables you just connected don't get pinched in between the steel tubing. If they do, this may cause issues that prevent the treadmill from operating properly.

5 ASSEMBLY **STEP 5**



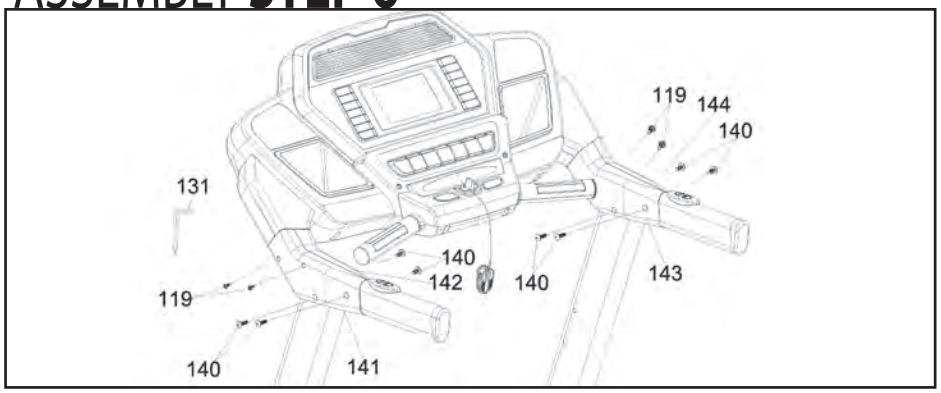
HARDWARE **STEP 5**

#139. 3/8"x 1-3/4" Button Head Socket Bolts (4 pcs)

#113. Ø 10mm Split Washers (4 pcs)

1. Insert the Console Assembly (**52**) into the Upright Tubes (**4** & **5**) and attach with four Button Head Socket Bolts (**139**) and four Split Washers (**113**). Tighten using the M6 Allen Wrench (**132**).

6 ASSEMBLY **STEP 6**



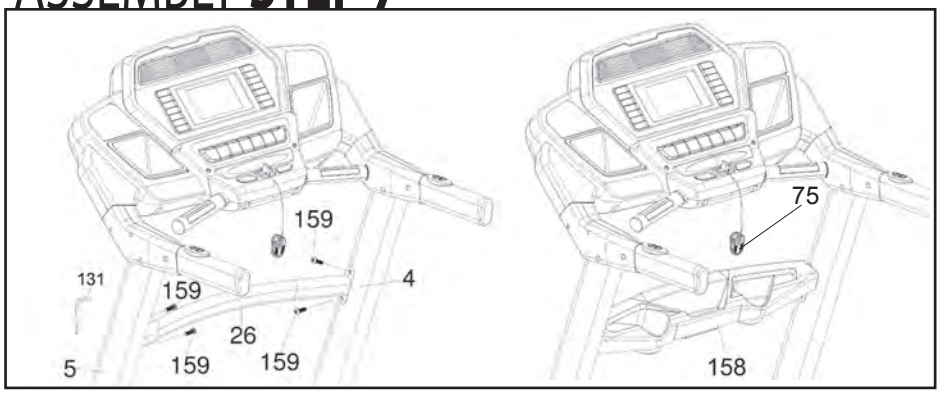
HARDWARE **STEP 6**

#140. M5x10mm Phillips Head Screws (8 pcs)

#119. 3.5x12mm Sheet Metal Screws (6 pcs)

1. Attach the Left and Right Side Caps to the top of the Upright Tubes (**4** & **5**) and Console Assembly Support Tubes, with eight Phillips Head Screws (**140**) and four Sheet Metal Screws (**119**). Tighten with the Combination M5 Allen Wrench & Phillips Head Screw Driver (**131**). *See illustration to determine the specific screw locations.*

7 ASSEMBLY **STEP 7**



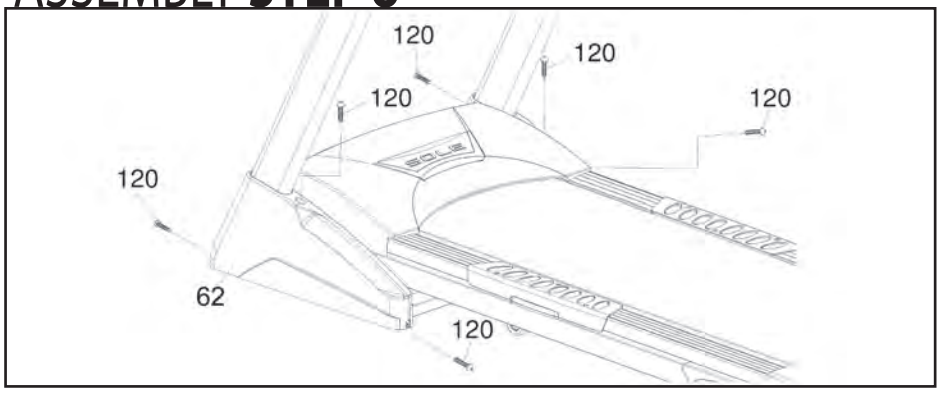
HARDWARE **STEP 7**

#159. 5/16"x3/4" Button Head Socket Bolts (4 pcs)

#75. Safety Key

1. Attach the Support tube (**26**) between the upright tubes (**4** & **5**) with four Button Head Socket Bolts (**159**). Tighten bolts firmly.
2. Place the Beverage Holder (**158**) on top of the Support tube (**26**) as shown in the illustration.
3. Place the magnet of the safety key (**75**) in between the Start and Stop buttons (if it isn't already attached). *The treadmill will not function without this in place.*
4. Check to make sure all bolts and screws are completely tightened.

8 ASSEMBLY **STEP 8**



HARDWARE **STEP 8**

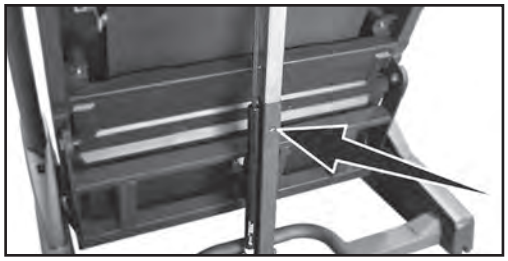
#120. 5x16mm Tapping Screws (6 pcs)

1. Attach the Console mast covers (**62** & **63**) to the Frame Base (**2**) with six Tapping Screws (**120**). Tighten screws using the Combination M5 Allen Wrench & Phillips Head Screw Driver (**131**).

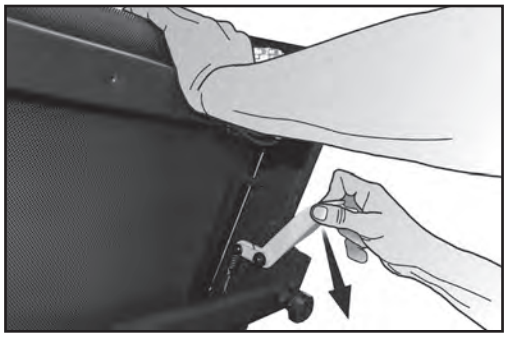
FOLDING **INSTRUCTIONS**

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

- **TO FOLD THE TREADMILL**
  Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.



- **TO UNFOLD THE TREADMILL**
  Apply slight forward pressure* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high.
  - *At the rear roller area to relieve pressure on the locking system.



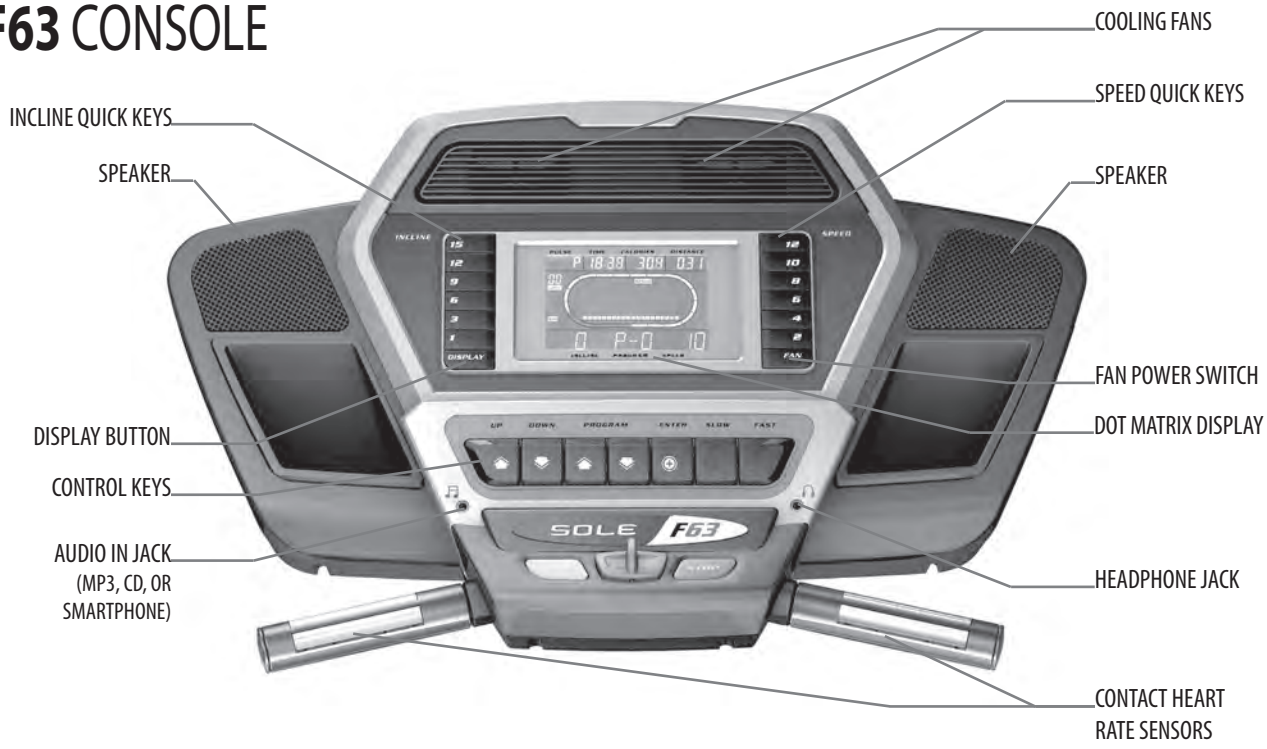
TRANSPORTATION **INSTRUCTIONS**

The treadmill is equipped with four transport wheels that are engaged when the treadmill is folded. After folding simply roll the treadmill away.

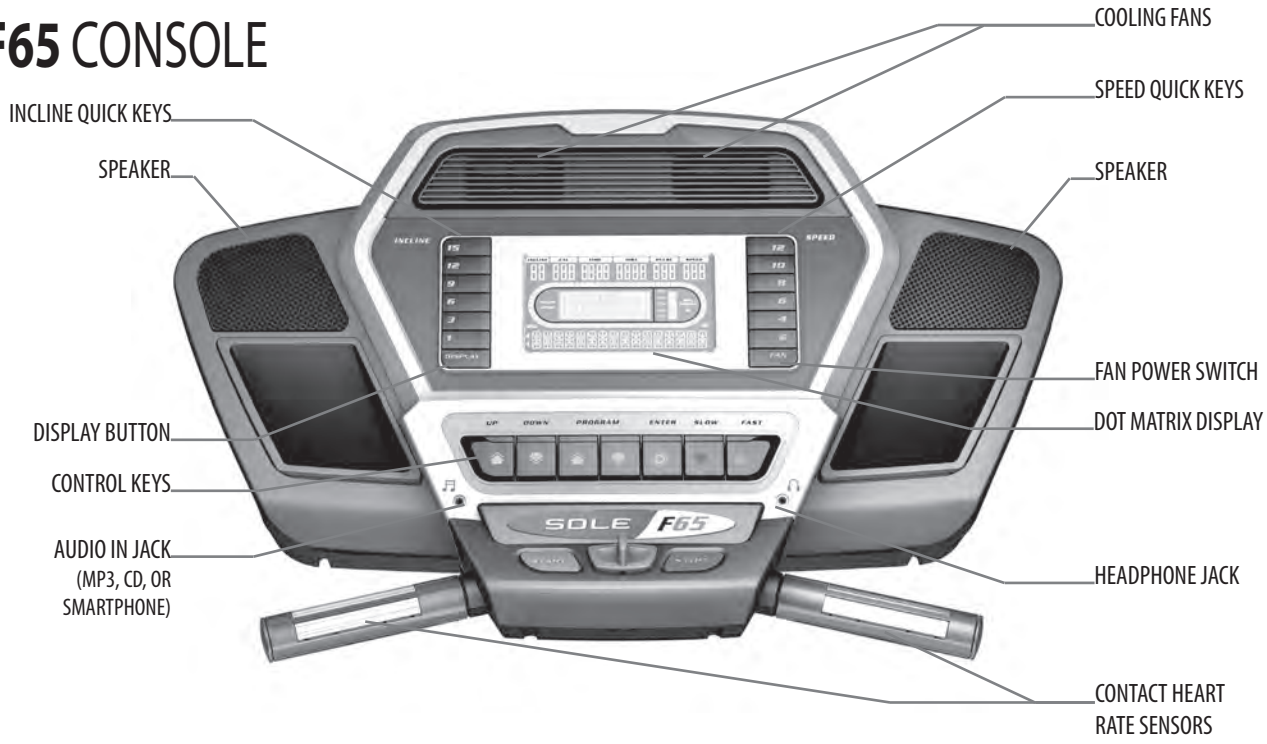
OPERATION OF **YOUR TREADMILL**

GETTING FAMILIAR WITH THE CONTROL PANEL

F63 CONSOLE



F65 CONSOLE



GETTING STARTED

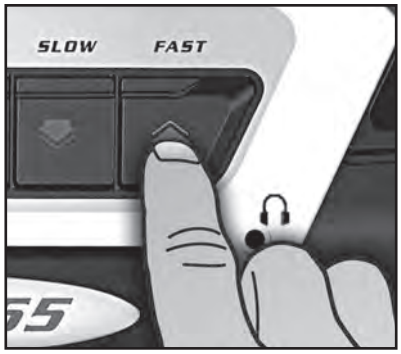
F63 / F65 CONSOLES

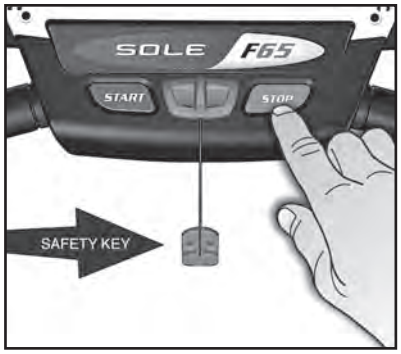
Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the **Safety Key** is installed, as the treadmill will not power on without it (*see assembly step 7 for reference*).

When the power is turned on, a message will scroll across the dot matrix showing the current software version. Then the **Time** and **Distance** windows will display Odometer readings for a short time, **Time** window will show how many hours the treadmill has been in use and the **Distance** window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. The treadmill will then enter idle mode, which is the starting point for operation.

QUICK-START OPERATION

1. Attach the **Safety Key** to wake display up (if not already on).
2. Press the **Start** key to begin belt movement then adjust to the desired speed using the **Fast** / **Slow** keys (console or handgrip). You may also use the **Quick** speed keys 2, 4, 6, 8 or 12 to adjust the speed.
3. To slow tread-belt press and hold the **Slow** key (console or handgrip) to the desired speed. You may also press the **Quick** speed adjust keys, 2 through 12.
4. To stop the tread-belt press Stop key or pull away **Safety Key**.



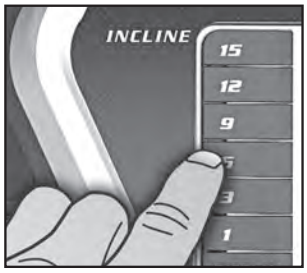


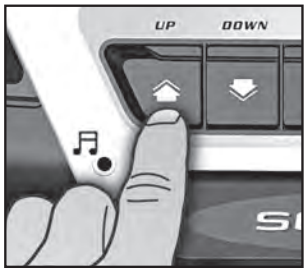
PAUSE/STOP/RESET FEATURE

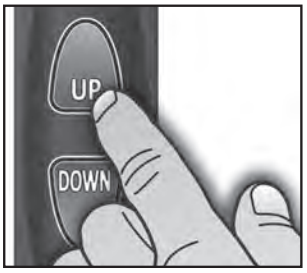
1. When the treadmill is running the pause feature may be utilized by pressing the red **Stop** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The **Time**, **Distance** and **Calorie** readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.
2. To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.
    - Pause is executed when the **Stop** button is pressed once. If the **Stop** button is pressed a second time, the program will end and a workout summary will be displayed. If the **Stop** button is held down for more than 3 seconds the console will reset.

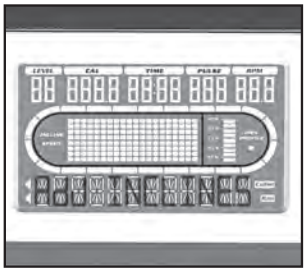
INCLINE FEATURE

- Incline may be adjusted anytime after belt movement.
- Press and hold the **Up ▲ / ▼ Down** keys (console or handgrip) to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting desired key, 1, 3, 6, 9, 12, 15, on left hand side of console (incline).
- The message window display will indicate incline position as adjustments are made.

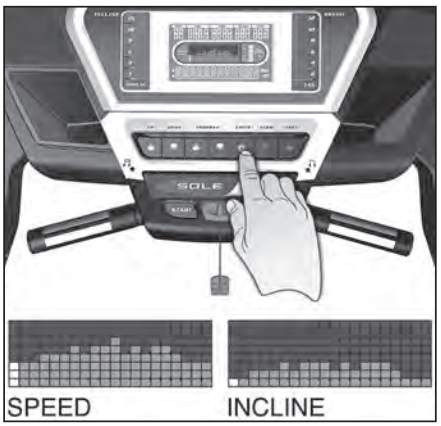








DOT MATRIX CENTER DISPLAY

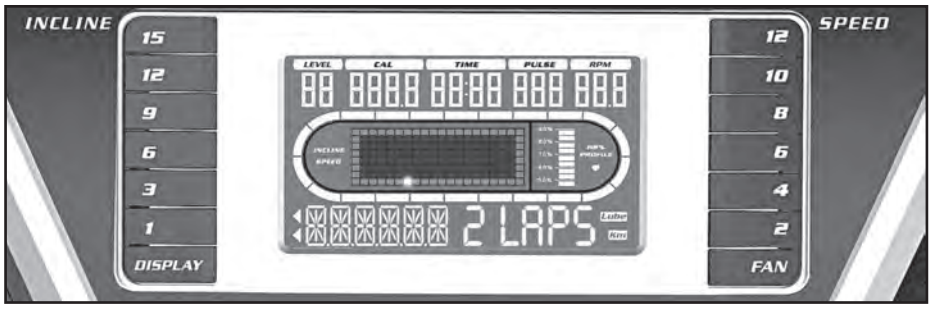


Twenty columns of dots (8 high) indicate each segment of a workout. The dots are only to show an approximate level (speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In operation, the speed/incline dot matrix window will build a profile "picture" as values are changed during a workout. When the word "Speed" is lit above the dot matrix it indicates that the Speed profile is being displayed and when the word "Incline" is lit above the dot matrix it indicates the Incline profile is being displayed.

You may change the Dot Matrix profile view between Speed and Incline by pressing the **ENTER** button. After pressing select to view the two profiles, pressing the select button a third time will automatically alternate the Speed and Incline displays, showing each one for five seconds.

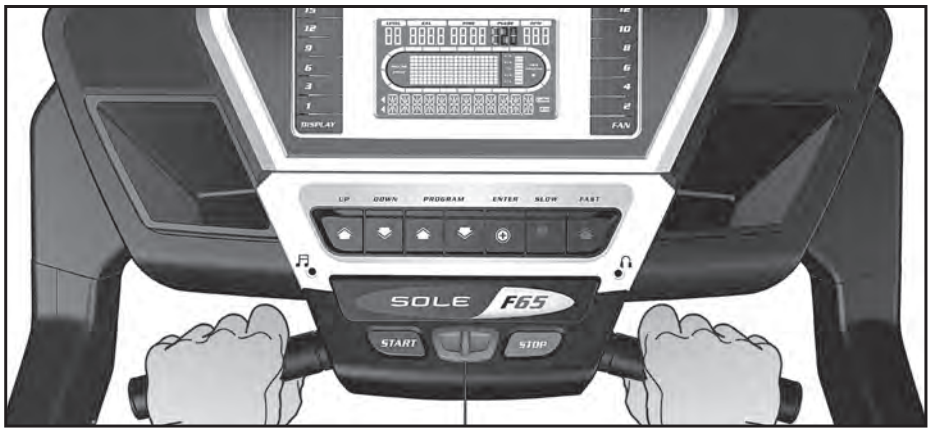
1/4 MILE TRACK

The 1/4 mile track is displayed around the dot matrix window. The flashing dot indicates your progress. The number of laps you complete are accumulated in the lap counter, which is below the **Pulse** window.



PULSE FEATURE

The **Pulse** (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar to display your pulse or wear the wireless chest strap. The pulse value will display anytime the upper display is receiving a pulse signal.



CALORIE DISPLAY
Displays the cumulative calories burned at any given time during your workout.
Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

There is an **Audio Input Jack** (♫) on the front of the console and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include MP3, Ipod, portable radio, CD player or even a TV or computer audio signal. There is an audio patch cable included to and also a headphone jack (🎧) for private listening.

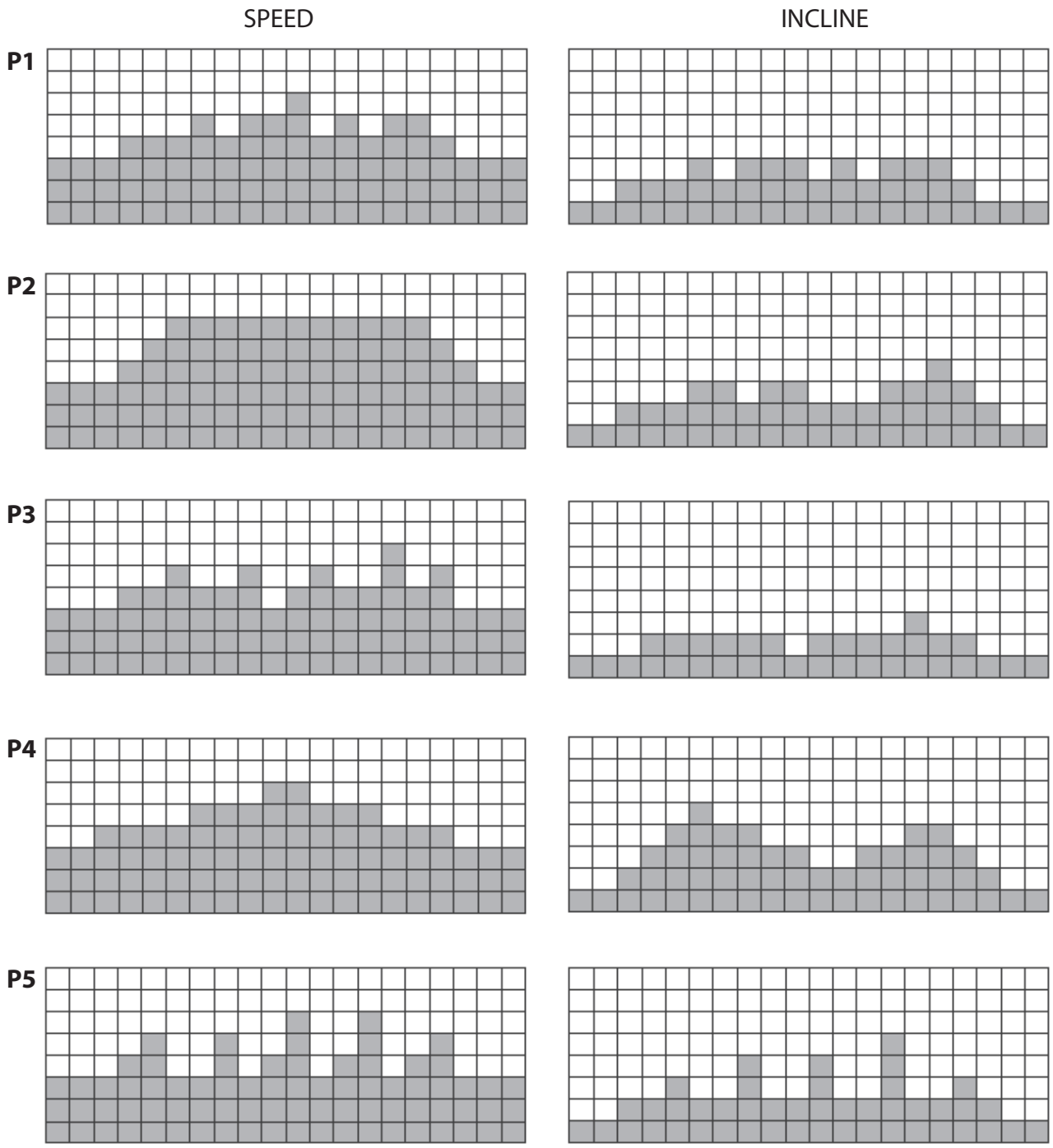
TURNING OFF TREADMILL

1. The display will automatically turn off – go to sleep - after 10 minutes of inactivity when in the Pause / Stop mode. Almost all power for the treadmill will be off except for some circuits that are needed to detect if any key is pressed, indicating the console should "wake up". When the console is "asleep" the treadmill draws very little power, about as much as your television when it is turned off.
2. Removing the safety key is similar to entering "sleep" mode. Turning off the main power switch in the front of the treadmill will completely remove any power.

PROGRAMMABLE **FEATURES**

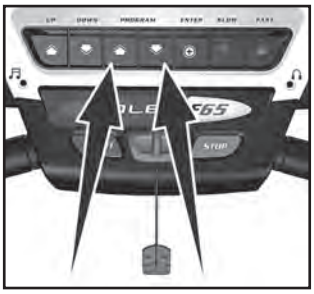
The F63 / F65 have ten built-in programs: one Manual program (**PO**), five preset profiles (**P1**-**P5**), two user defined programs (**U1** & **U2**) and two Heart Rate Control programs (**H1** & **H2**).

Below are shown the Speed and Incline profiles for the five preset programs.

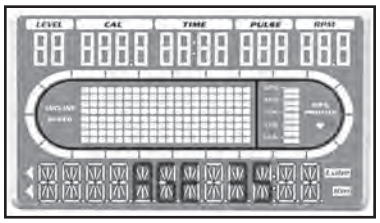
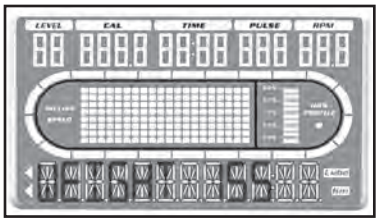
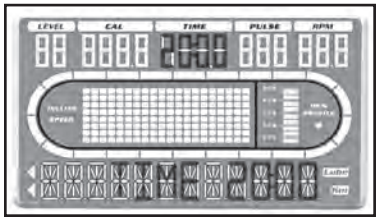
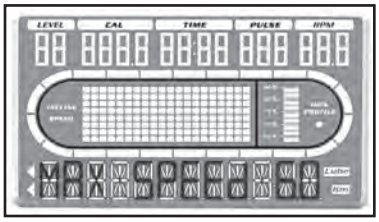
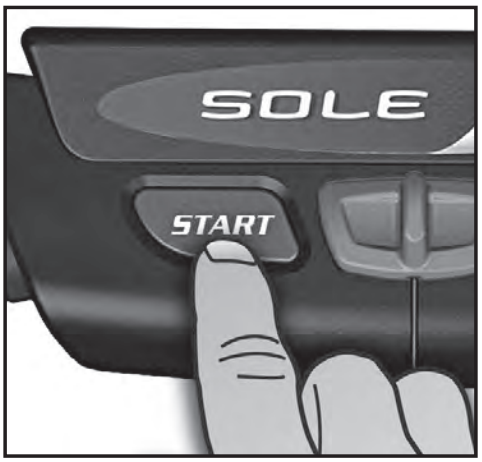


SELECTING A PROGRAM

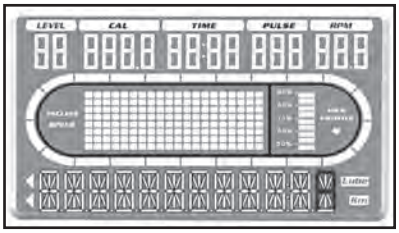
1. Press the **Program** ▲ ▼ keys to view the programs on the screen then press the **Enter** key to select the program you would like to perform. The display will prompt you through the programming steps or you can just press the **Start** key to begin the program using the preset program values for age, weight and other program specific information.



2. If enter was pressed, the **Calorie** window (F63) or **Message** window (F65) will display **Age**. You may use any of the **Up**/**Down** or the **Fast**/**Slow** keys to adjust your age. After adjusting press the **Enter** key. (***Note**: You may press start at any time during the programming to start the program with the information you've already input.*)
3. The **Calorie** window (F63) or **Message** window (F65) will now be displaying a value, which is your body weight. Entering the correct body weight will affect the calorie count. Use the **Up**/**Down** keys or the **Fast**/**Slow** to adjust, then press enter.
   - A note about the **Calorie** display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The **Calorie** display is to be used as a reference only to monitor improvement from workout to workout.
4. The **Time** window will now be displaying a value, which is total workout time desired. Use the **Up**/**Down** or the **Fast**/**Slow** keys to adjust, and then press enter. After adjusting, press the **Enter** key.
5. The **Calorie** window (F63) or **Message** window (F65) will display the preset top speed of the selected program. Use the **Up**/**Down** or the **Fast**/**Slow** keys to adjust, and then press enter. Each program has various speed changes throughout; this allows you to limit the highest speed the program will reach at it's peak.
6. Press **Start** to begin the program. The program will begin with a 3 minute warm-up. If you want to bypass this and go directly to the beginning of the program, press **Start** again.

USER PROGRAMS

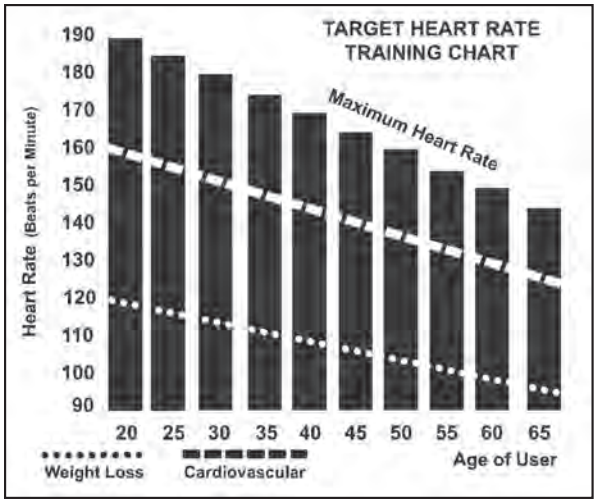


1. Select **User 1** or **User 2** via the **Program** ▲ ▼ keys then press **Enter**. Note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program). If there is a program stored under the button that is pressed, it will be retrieved. If not, you have the option of programming in your first name. The message window will display and flash the letter "A" . To change it, press the arrow ^ key, then "B" will be displayed; if the arrow v key is pressed, the letter "Z" will be displayed. After selecting the appropriate letter, press enter. The letter "A" will again be displayed and blinking. Repeat the procedure until all letters of your first name are programmed (7 characters maximum). When your name is displayed, press **Stop** and it will be stored under either **User 1** or **User 2**.
2. Next the **Calorie** window (F63) or **Message** window (F65) is flashing **Age**. Use the Adjust **Up**/**Down** keys to adjust. Press **Enter**. This is a must to continue even if age is not adjusted.
3. The **Calorie** window (F63) or **Message** window (F65) will now be blinking a body weight value. Enter your body weight and press **Enter**.
4. The **Time** window will now be blinking a **Time** value. Adjust the **Time** and press **Enter**.
5. The first column (segment) will now be blinking. Using the **Fast**/**Slow** or **Quick** keys, adjust the speed level to your desired effort for the first segment then press enter. The second olumn will now be blinking. Repeat the above process until all segments have been programmed. The first column will be blinking again. This is for the incline programming. Repeat the above process to program all segments for incline.
6. Press the **Start** button to begin the workout and also save the program to memory.

HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:
The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR)for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.



For someone who is 40 years old their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute
(60% of maximum)
180 X .8 = 144 beats per minute
(80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you Enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all SOLE Heart Rate Control elliptical machines you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls resistance at the pedals.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also know as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

6 Minimal
7 Very,very light
8 Very,very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very,very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

USING **HEART RATE TRANSMITTER (F65)**

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the SOLE logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

Caution! Do not use this elliptical for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the SOLE logo is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Loose treadmill console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

HEART RATE CONTROL PROGRAMMING

CAUTION!

Heart Rate Control programs are intended for wireless transmitter chest strap only (included with the F65 only). Do not use **Pulse Grip** bar for **Heart Rate Control**. You must receive a strong/steady value in the heart rate window (See Using Heart Rate Transmitter section for instructions on how to use).

The **HR1** program has a default level that is 60% of your projected heart rate maximum. This program is geared for individuals with fat loss as a goal. The **HR2** program has a default of 80% of your projected heart rate maximum. It is geared for individuals with a goal of improving cardiovascular & lung function.

1. Select **H1** or **H2** via the **Program** ▲ ▼ keys then press enter.
2. The **Calories** window (F63) or **Message** window (F65) will be blinking, showing the default user's bodyweight for this program. You may adjust it and press enter if you want or just press enter to accept the default value.
3. The **Calories** window (F63) or **Message** window (F65) will now be blinking showing user's age. Adjust and press enter or press enter to accept the default value. Adjusting **Age** will change the Target HR value.
4. The **Time** window will now be blinking. Adjust the time and press enter.
5. Now you are asked to adjust the **HR1** or **H2** value. The default is 60% (**HR1**); (220 - age x .60); or 80% (**HR2**); (220 – age x .80). You may select a higher or lower number also. Adjust the number by pressing the Speed **Up** or **Down** keys (console or handrails) and press **Enter** to continue.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
7. If you want to increase or decrease the speed at any time during the program press the **Fast** or **Slow** (console or handrail) keys.
8. During the HRC program you will be able to scroll through the data in the message window by pressing the **Display** key. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.
9. Press **Start** to begin program.

The program will now control the treadmill Incline to steadily increase your heart rate to the target value. This process is automatic and could take upwards of five minutes, depending on how far your HR needs to go and what kind of physical shape you are in. People who are more fit will take longer to reach the target. You can make manual adjustments to the speed throughout the program.

The program will now control the treadmill to steadily increase your heart rate to the target value. This process is automatic and could take upwards of five minutes, depending on how far your HR needs to go and what kind of physical shape you are in. People who are more fit will take longer to reach the target.

GENERAL **MAINTENANCE**

BELT & DECK

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. ***Allow to dry before using.***

BELT DUST

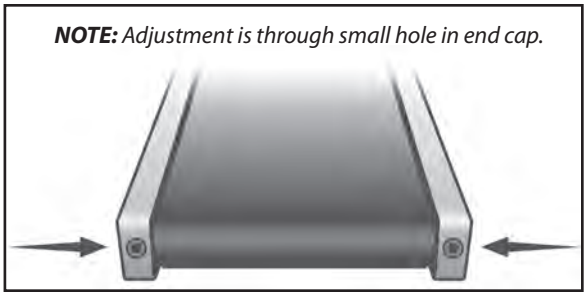
This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from the belt will appear on the floor behind the treadmill, this is normal.

GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench (**132**) provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below. Note: Adjustment is through small hole in end cap. Tracking / Tension Adjustment Tracking / Tension Adjustment

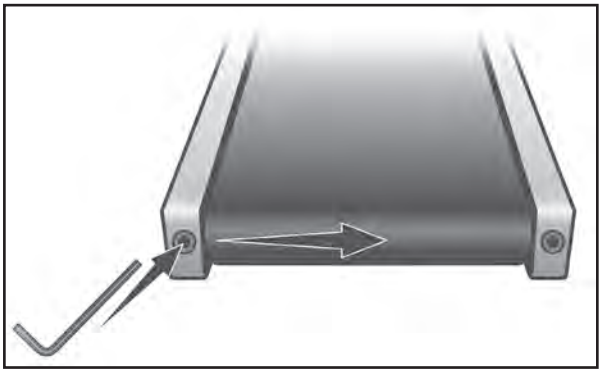


Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

TREAD-BELT TRACKING ADJUSTMENT

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.



TO SET TREAD-BELT TRACKING

A 6 mm Allen wrench (**132**) is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph. Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is **too close to the left side**, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.
If the belt is **too close to the right side**, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE SOLE WARRANTY.

BELT/DECK LUBRICATION

Do not lubricate with anything other than SOLE approved lubricant. Your treadmill comes with one tube of lubricant and extra tubes can be ordered directly from SOLE. There are commercially available lube kits, but the only one currently approved by SOLE is Lube-N-Walk. These kits come with an application wand that makes applying the lubrication easier. The kits can be purchased directly from Lube-N-Walk here: http://www.jadfitness.com/. The proper kit should be silicon based, NOT paraffin wax. You can also purchase SOLE lubricant from our website www.soletreadmills.com under the products tab.

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty. The belt and deck come pre-lubricated and subsequent lubrication should be performed every 180 hours of use.

The belt & deck come pre-lubricated. The console has a built in lubrication reminder indicator that lights every 180 hours of use. To lubricate the deck with the tube of lubricant supplied it will be necessary to loosen the walking belt. Using the 6 mm Allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps – enough to get your hand under the belt (5 –10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot line, like toothpaste on a toothbrush. The one-foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt. You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly use the treadmill for running, the spot where your feet land may be different from walking.

Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 3 mph without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side then follow the belt tracking instructions to remedy. Now the deck is lubricated and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a silicone based Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication.

SERVICE **CHECKLIST** - DIAGNOSIS **GUIDE**

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. 4. Household circuit breaker may be tripped. 5. Treadmill defect. Contact your SOLE dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See **General Maintenance** section on **Tread-belt Tension**. Adjust as necessary.
Motor is not responsive after pressing start	1. If the belt moves, but stops after a short time and thedisplay shows "LS", run calibration. 2. If you press start and the belt never moves, then the display shows LS, contact service.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low household voltage. Contact an electrician or your SOLE dealer. A minimum of 110 volt AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See **General Maintenance** section on lubrication.
Treadmill trips on board 15 amp circuit	High belt/deck friction. See **General Maintenance**
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to **Grounding Instructions** on page 4.
House circuit breaker trips, but not the treadmill circuit breaker	Need to replace the house breaker with a "High In-rush current" type breaker (see page 4 for details)

CALIBRATION PROCEDURE

1. Remove the safety key
2. Press and hold down the Start and Fast (speed up) buttons and replace the safety key. Continue to hold the Start and Fast key until the window displays "Factory settings", then press the enter key.
3. You will now be able to set the display to show Metric or English settings (Miles vs. Kilometers). To do this, press the up or down key to show which you want, then press enter.
4. Make sure the wheel size diameter is 2.30 then press enter
5. Adjust the minimum speed (if needed) to 0.5 and then press enter
6. Adjust the maximum speed (if needed) to 12.0 and then press enter
7. Adjust the maximum elevation (if needed) to 15 and then press enter
8. Grade return – On (This allows the incline to return to zero when stop is pressed. For sale in Europe, EU standards require this to be off)
9. Press start to begin calibration. The process is automatic; the speed will start up without warning, so do not stand on the belt.

ADJUSTING THE SPEED SENSOR

If the calibration does not pass you may need to check the speed sensor alignment.

1. Remove the motor cover hood by loosening the 4 screws that hold it in place (you do not need to remove them completely).
2. The speed sensor is located on the left side of the frame, right next to the front roller pulley (the pulley will have a belt around it that also goes to the motor). The speed sensor is small and black with a wire connected to it.
3. Make sure the sensor is as close as possible to the pulley without touching it. You will see a magnet on the face of the pulley; make sure the sensor is aligned with the magnet. There is a screw that holds the sensor in place that needs to be loosened to adjust the sensor. Re-tighten the screw when finished.

MAINTENANCE MENU

1. Press and hold the Start, Stop and Enter key at the same time, until the display shows "Engineering mode" (it may say maintenance menu, depending on version). Press the Enter key.
2. You can now scroll through the menu using the up and down keys. Use the Stop key to return to previous menu selection. The menu selections are:
   A. **Calibration** - Used to verify calibration
   B. **Factory Settings** - Acces only allowed by manufacturing
   C. **Security -** Allows you to lock the keypad so no unauthorized use of the machine is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the **Start** and **Enter** buttons for 3 seconds to unlock the console.
   D. **Functions** - Press **Enter** to access settings, use **Level** Up/Down keys to scroll
      I. **Sleep Mode** - Turn on to have the console power down automatically after 20 minutes of inactivity
      II. **Pause Mode** - Turned on to allow 5 minutes of pause, turn off to have console pause in definitely)
      III. **Maintenance** - Reset lube message and odometer readings
      IV. **Units** - Choose from English or Metric display readings
      V. **Grade Return** - Returns elevation to lowest setting when pause is pressed
   E. **Key Test** - Will allow you to test all the keys to make sure they are functioning
   F. **Display Test** - Tests all the display functions

MANUFACTURER'S **LIMITED WARRANTY**

TREADMILL WARRANTY
Effective January 1, 2008

SOLE warrants all its treadmills' parts, for a period of time listed below, from the date of retail sale, as determined by sale receipt, or in the absence of a receipt eighteen (18) months from the original factory shipping date. SOLE' s responsibilities include providing new or remanufactured parts, at SOLE' s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by SOLE directly to a consumer. The warranty period applies to the following components:

Drive Motor	Lifetime
Deck	3 Years
All Other Components	3 years
Frame Weldments	Lifetime
Labor	1 Year
Cosmetic Items *	90 Days

*Cosmetic items including, but not limited to the following: grips, console overlays, and labels/decals.

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty.
2. Proper use of the treadmill in accordance with the instructions provided in this manual, including belt tracking.
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
6. Damages to the treadmill finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
   Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for elliptical not requiring component replacement, or elliptical not in ordinary household use.
3. Damages caused by services performed by persons other than authorized SOLE service companies; use of parts other than original SOLE parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at SOLE. SOLE reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use in any environment other than a residential setting.
9. Warranties outside of North America may vary. Please contact your local dealer for details.

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized SOLE dealer. OR
2. Submit all service requests including serial number, contact information and a brief description of the problem online at www.soletreadmills.com/technical.php?p=service.
3. If you have any questions about your new product or questions about the warranty contact SOLE Fitness at 1-866-780-SOLE (7653). If you have a technical problem with your new elliptical contact SOLE technical service at 866-MYSOLE1 (697-6531).
4. If no local service is available, SOLE will repair or replace the parts, at SOLE's option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to SOLE. SOLE is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

   SOLE Fitness
   P.O. Box 2037
   Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by SOLE.